



# North Somerset Community and Adult Learning Free courses and activities guide



Funded by:



Leading learning and skills

# What can we do for you?

**We put on a huge range of courses and classes which are available to everyone. We welcome all those who want to learn and improve themselves, and have fun at the same time.**

We are funded by the Learning and Skills Council to offer courses and classes that support the principle of lifelong learning.

We want to hear from you – what would you like to try? Painting, sculpture, pottery, Tai Chi, aromatherapy, digital photography, Alexander Technique, driving test theory through e-learning, creative writing, reflexology, home finance?

We can also help you to start your own learning group for you and your friends. Just get in contact, and we'll see if we can help.

The Community and Adult Learning Service  
Adult Social Services and Housing  
North Somerset Council  
168 Locking Road  
Weston-super-Mare  
BS23 3HQ

Tel: **01275 888 461**

Fax: **01275 888 445**

Email: **community.learning@n-somerset.gov.uk**  
**www.communitylearningwest.gov.uk**



# Open College Network (OCN)

The OCN provides a range of courses at various levels (1-3) based on active learning (no examinations!) which it assesses through a portfolio of work.

North Somerset Community Learning offer a range of courses that include:

**Preparation for event volunteering.**

**Information Technology**

covering various Microsoft applications including EXCEL spreadsheets and ACCESS databases.

**Entry level numeracy**

ESOL skills for life and adult literacy.

**Certificate in art and design**

(interior design).

Please note, there is a small charge for these courses to cover administration and accreditation costs except for numeracy, literacy and ESOL.



The courses and activities are designed to help you learn exactly what you want at a speed and level that suits you.



# Learners enjoying some of our recent classes across North Somerset

These are just a few of the wide range of activities we have provided in the past and would like to put on again. If you don't see the course or activity you want, get in touch and we'll see what we can do to help.



## A guide to healthy eating

This course offers simple guidance and advice showing you how you can cut the calories without losing the flavour. You will learn what's good for you, herbs, antioxidants and what those "E" numbers mean, and see how easy it is to cook really tasty and nutritional grub.



## Essential basic cookery

Easy to follow tips and advice on the absolute essentials in cookery. No fancy foods or dainty designs, just simple stuff that's good to eat.



## Baby massage for new mums

A series of classes specially designed to help new mums soothe and massage their baby to calm, stress-free motherhood. A bonding experience for both parent and child that lasts forever. Definitely a must for any new mum to be.



## I.T. for beginners

Proving the adage that it's never too late to learn, this course explains simply and practically the mysteries of the modern computer. Hugely popular with old and young alike, no-one need ever feel left behind in the technology of today.



## Signing classes

Parents, carers and anyone interested in signing to people who are deaf or hard of hearing. Finger spelling, facial expressions, gestures and mime lead to confident communication and rapport.



## Introduction to bushcraft

An outward bound course that shows the ways and means of forestry, nature, crafts and all things open air. Respect for the environment and how to cope in the bush is all included in this fascinating and informative class



## Learning about computers

A brilliant way of navigating around the intricacies of computer technology. With practical examples and an easy pace, this course guides the learner on surfing the internet, using email, digital photography and webcam and handy uses on a wide range of computer programmes.



# We can also help you to:

- learn something new
- update your CV
- find a job
- get careers advice
- improve your maths or English.



*Careers Information and  
Advice Service South West*

## **Free information and advice on learning and work for adults**

### **Offers careers information, advice and referral on:**

- learning and training opportunities
- where to get information on national, regional and local job vacancies, voluntary opportunities, opportunities in self-employment
- careers and occupational/sector profiles
- advice and support on obtaining qualifications/getting credit for existing skills and experience
- advancement and progression at work.



# Joining a community learning course

If you are interested in joining a community learning course and would like more information, please complete this section and send it back. Alternatively you can call or email us – details at the bottom of the page.

I am interested in:

- Arts and crafts
- Computer courses
- Family learning activities
- Health and wellbeing courses
- Healthy cooking
- Reading and numbers
- Sign language

Something else, please tell us:

*continued  
overleaf*



Name:

Tel:

I live in (*please tick* ✓):

- Banwell     Clevedon     Congresbury  
 Nailsea     Portishead     Weston-super-Mare  
 Yatton

Council documents can be made available in large print, audio, easy read and other formats. Documents on our website can also be emailed to you as plain text files.

Help is also available for people who require council information in languages other than English.

For more information contact: 01275 888 461 or  
[community.learning@n-somerset.gov.uk](mailto:community.learning@n-somerset.gov.uk)



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